



REPORT

400 Johnson Street • Alpena, Michigan 49707
May 2017



Accredited in 21 Programs

Letter to the Community

Dear Citizens of Northeast Michigan,


Our Mission, "To provide comprehensive services and supports that enable people to live and work independently" speaks to what we do. Those 13 words keep us going, keep us focused and keep us accountable to the community and the people we serve. Those persons, whether they are a child with a serious emotional disturbance, an adult with serious mental illness, a child or adult with an intellectual and or developmental disability or those individuals whose conditions co-occur with a substance use disorder, deserve a life that is self-directed. This life is defined by being able to live in their community, in an affordable home or apartment, having a roommate if they choose and work at a job that is open and competitive to the general public while working alongside those persons without a disability. A life where one can participate in community events of their choosing rather than be relegated to only attend events that are segregated based on one's abilities or disabilities. What would we do if we were told we couldn't live or work in a community because of who we are?

The Americans with Disabilities Act (ADA), the Olmstead Rights (1999 Supreme Court ruling where the justices found people with disabilities "have a qualified right to receive state funded supports and services in the community") and the Michigan Department of Health and Human Services, Home and Community Based Services (HCBS) Rule address those specific issues: the right to live, work and participate in their community. NeMCMHA has been an ardent supporter of community inclusion, but our work is not done.

During this year's Public Hearing, community members responded to our question, "What are the mental health needs of this community?" Some of those priority issues included: Develop a trauma informed community, increase the behavioral health support for our local schools, increase educational opportunities for community members and teachers in addressing the needs of children and adults who have experienced trauma, increase suicide prevention services for youth and veterans and increase services for persons with a substance use disorder. We will focus our efforts in prevention and raising awareness about signs and symptoms of mental health disorders, suicide prevention, the effects of trauma on children and adults. We will continue to provide Mental Health First Aide, Youth Mental Health First Aide and training on the effects of trauma on individuals.

As we move forward in supporting our mission, we will partner with other human service agencies, primary health care clinics, law enforcement, courts, jails, schools, community employers and the faith community in supporting a healthy and safe self-directed life for all citizens who identify this community as 'home.'

Sincerely,


Gary Nowak, Chairman


Cathy Meske, Director

Steve Dean appointed to NeMCMHA Board



Members of the four-county board of directors governing Northeast Michigan Community Mental Health Authority are appointed by each county's board of commissioners.

Steve Dean was appointed this past January by the Alpena County

Commissioners to fill the seat vacated by Linda Canfield.

2017 NeMCMHA Board

Alcona County

Bonnie Cornelius
E. Alan Fischer, *Secretary*

Montmorency County

Roger Frye, *Past Chair*
Albert LaFleche

Alpena County

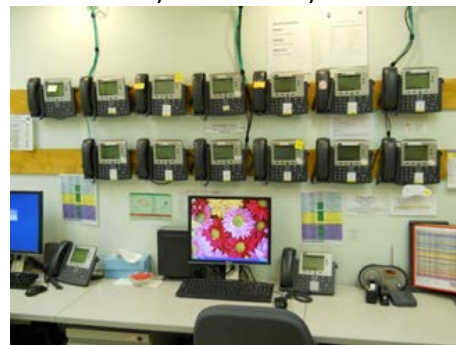
Steve Dean Judith Hutchins
Judy Jones Eric Lawson
Pat Przeslawski, *Vice Chair*

Presque Isle County

Lester Buza
Terry Larson
Gary Nowak, *Chair*

SIP Monitoring System – 10-Years+

Northeast Michigan Community Mental Health Authority provides a unique open-line monitoring system, which can provide additional independence for individuals with disabilities who live in their own home or apartment but require some extra assistance. The auditory monitor service is typically used throughout the night time hours but can be utilized at any time when staff is not present in the home. There are only five similar systems offered statewide at this time. The



system has been in operation for over 10 years and has been very successful in helping more people be able to live on their own with assistance from CMH. To date, over 100 persons have utilized this service which is Medicaid billable. The monitor unit is placed in

the person's home and connected via a landline phone. The unit is activated by calling into the Response room located in the CMH building. The Response room is staffed 24 hours a day, seven days a week by trained staff equipped to handle any situation. Once activated, the Response room staff can listen for any need the person may have and respond either verbally or physically to assist the person as needed. For those persons who do not require an open-line system, there is an alternative emergency pendant, which can be pushed when needed and will dial into the Response Center. For more information, please contact Program Coordinator, Peggy Yachasz at 989-356-2161.

Home- and Community-Based Services – Survey Process...

In 2014, the Centers for Medicare and Medicaid Services (CMS) published a set of rules for the delivery of Home- and Community-Based services through Medicaid Waiver programs. These services are for people with disabilities to help them live in their own homes and communities. Some examples include housekeeping, meal preparation, employment training and personal care support services.



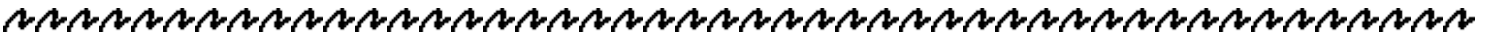
Through these rules, CMS aims to improve the experience of individuals in these programs by:

- ♦ Enhancing access to the community;
- ♦ Promoting the delivery of services in more integrated settings; and
- ♦ Requiring the use of person-centered planning.

The rules define the characteristics of settings where services are provided. These were based on three qualities: Individual Rights (privacy, dignity and respect); Full Participation in Community Life; and Independence in Making Life Decisions.

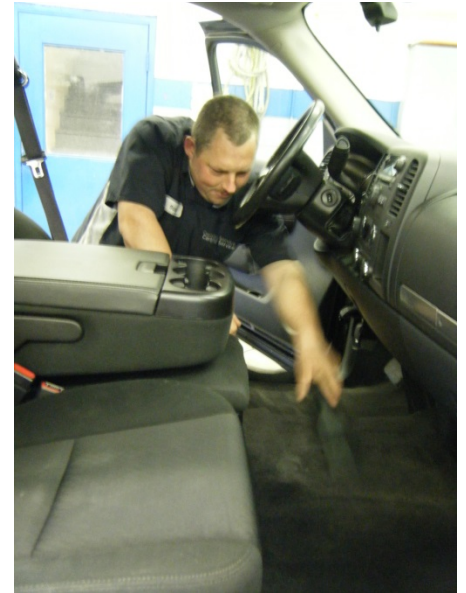
The Michigan Department of Health and Human Services (MDHHS) developed surveys as a method to assess individual settings for home- and community-based characteristics to meet the new requirements. The survey results will assist identifying the level of compliance for all providers. MDHHS will work with individuals and their providers to prepare to be in full compliance by March 2019.

Surveys were conducted for those participants receiving Habilitation Supports Waiver services in 2017. The survey process will now be expanded for other individuals receiving community living supports, skill-building supports and supported employments services in the coming weeks. Our Agency is preparing materials to share with all individuals selected for the survey process and their providers. More information about the Home- and Community-Based Services Program Transition Plan is available on the MDHHS website at www.michigan.gov/mdhhs.



Meet Scott Posthumus...

Scott is a 28-year-old man dedicated to making his dreams a reality. Scott is a friendly, kind, caring person who is always there for the people who are lucky enough to call him a friend. He has a great sense of humor and a positive attitude that people around him gravitate toward!!! Scott has worked hard toward achieving his dreams and goals with the support of the people around him including the strong support of his family, the Supported Independent Living Program (SIP), the SIP Tech monitoring team, Community Employment Services, his Case Manager provided by Northeast Michigan Community Mental Health Authority and many others. Scott has been able to achieve his goals and continue to set goals that lead him to becoming successful within the community.



In January of this year, with the help of his family, Scott moved into his own house, complete with a garage. Having a garage was an important aspect to Scott because he is able to work on his bike and other hobbies that a single room apartment would not have space for. Scott is proud to be in his home and enjoys working on his house alongside his friends and family. Scott and his family have many plans for his new home and he is excited to help them tackle these new modifications. Scott is so excited to make his home presentable, both inside and out, he started cleaning his yard prior to the snow completely melting. When asked what living on his own means to him, Scott stated "Freedom!"



Employment is also another important part of Scott's life. Scott has been a valued employee at Cliff Anschuetz Chevrolet for the past year where he details vehicles. Scott stated he enjoys his employment and what he likes most about his job are the people he works with. Prior to his job at Cliff Anschuetz Chevrolet, Scott worked at the Lighthouse Restaurant and Evergreen Recycling in Presque Isle County. Through employment, Scott has met new people, learned new skills and has been a contributing member to his community. The income he earns from work has helped him live independently as well.

Congratulations Scott on your achievements in life. We wish you many more as you continue on your path!



Northeast Michigan Community Mental Health Authority
October 1, 2015 – September 30, 2016

Sources and Uses of Funds

| | |
|---------------------------|---------------------|
| Total Revenue | \$26,906,523 |
| Total Expenditures | \$26,802,612 |
| Net Income | \$ 103,911 |

Making a Difference through Community Partnerships

For almost 20 years, NeMCMHA has had an Interagency Cash Transfer Agreement with Michigan Rehabilitation Services (MRS) to promote employment opportunities for persons with Intellectual/Developmental Disabilities and persons with Mental Illness. During Fiscal Year 2016-17, the agreement will generate \$29,926 for mutual MRS and CMH individuals who have requested assistance to find and maintain employment. Each year it is expected about 50 individuals receive services and a minimum of 10 become successfully employed. We are very pleased our goals have been met for the past several years. Through this partnership, individuals receive job placement and assistance, financing for micro-enterprise ownership, on-the-job training, work clothing, transportation assistance and other related funding making it possible for individuals to become employed.

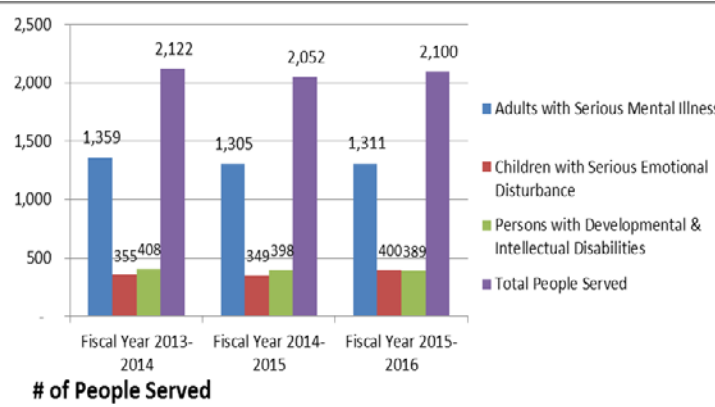
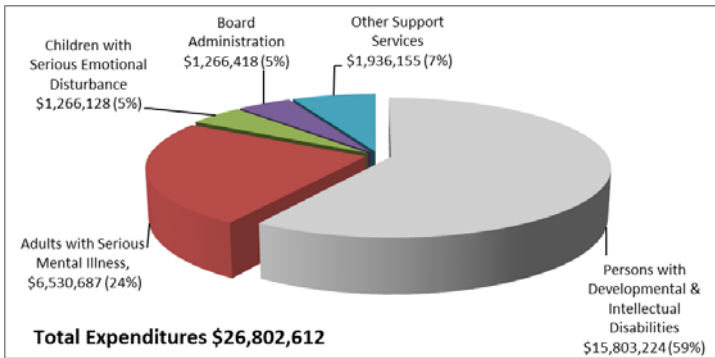
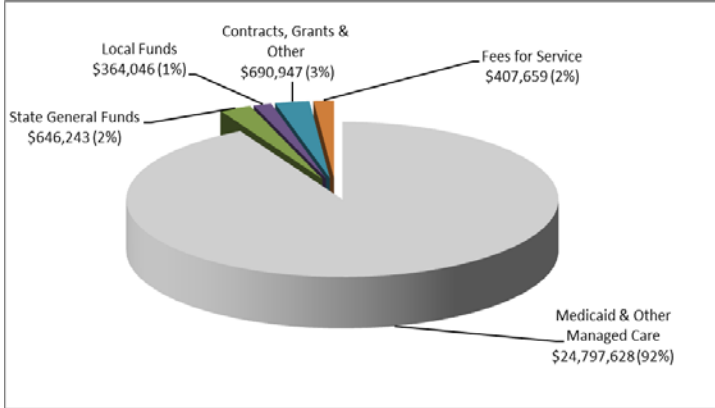
Community Employment Services provide services for individuals with an Intellectual/Developmental Disability (I/DD) and Employment Solutions provide assistance for persons with a Mental Illness (MI). Both programs collaborate with MRS and focus on individual choice, dreams and enhancing quality of life through gainful, competitive employment. Services assist people with preparing resumes, filling out job applications, interviewing, job development, job coaching, follow along and retention services. There are currently 106 individuals with I/DD and 37 individuals with MI working.

We are very pleased with this partnership as not only does employment provide financial rewards, it also provides increased self-esteem and self-worth, development of friendships and job skills. Our community partnership with MRS makes a difference for many individuals! In addition to our partnership with MRS, other factors have led to success in the area of employment which can be attributed to our community, staff, individuals served, other community partners, contract providers and natural supports.

Community Employment Services and Employment Solutions is always open to your suggestions, ideas and job leads so feel free to call Margie Hale-Manley at 358-7871 or Mary Mingus at 358-7794 if you have comments or would like more information.

[Post-retirement benefits are not offered at NeMCMHA. Employee Pensions are 401 Plans, which are fully funded.]

Total Revenues: \$26,906,523



NeMCMHA is funded, in part, by the Michigan Department of Health and Human Services.



Interagency Collaboration...

Northeast Michigan Community Mental Health Authority (NeMCMHA) uses interagency collaboration to build awareness and teach trauma-informed practice skills in the community.

During 2015-2016, the Greg's Promise Community Trauma Training Team reached 188 people in Alcona, Alpena, Montmorency and Presque Isle counties with a variety of trainings tailored to needs of specific groups. Parents, foster and adoptive parents, early childhood providers, human services agency personnel and educators were among those learning how trauma affects children and how to avoid re-traumatizing them when caring for and working with them.

Trainers are Meg Nisbet of Child and Family Services of Northeast Michigan and Carlene Przykucki and Mary Schalk of Partners In Prevention. The work was supported by NeMCMH, United Way of Northeast Michigan and Community Foundation of Northeast Michigan as well as the trainer's agencies.

Currently, NeMCMH is funding presentations for teachers in Trauma Basics and Classroom Strategies. Trainer Carlene Przykucki has met with about 85 instructional staff and principals and delivered sessions in their buildings. Alpena Public Schools (APS) counselors, staff at ACES Academy, at all six APS elementary schools and at All Saints Catholic School have learned the basics. Strategies have been covered at ACEs and at five APS elementary schools. Helping area schools build trauma-sensitive systems will continue to be a focus.



Rogers City, Michigan
June 28-29, 2016
Local Host: Westminster Presbyterian Church

NeMCMHA also contracts with Partners In Prevention to provide Mental Health First Aid (MHFA) and Youth Mental Health First Aide (YMHA). In 2016, there were 28 people trained in MHFA in Presque Isle, Alpena and Montmorency counties and 38 people at YMHA trainings in Alcona, Alpena and Montmorency counties.



MISSION STATEMENT
To provide comprehensive services and supports that enable people to live and work independently.



International Clubhouse Accreditation.



To prepare for accreditation several changes have occurred at the Light of Hope Clubhouse.

First, all staff must attend training at an International Clubhouse Training facility. Currently all training facilities are out of state and last two to three weeks. Since beginning the process in 2013, the leadership staff at the Clubhouse along with two Generalist staff and two members (*members are individuals receiving services from NeMCMHA*) have attended this training at Gateway in Greenville, SC. In addition, we have one Generalist staff and two members scheduled to attend June 12th through the 26th at the training facility in St. Louis, MO.

Standards we have achieved include members becoming active in decision making in all aspects of the Clubhouse operation. We have three member-run committees facilitated by one staff person, chosen by the members. In our Welcoming Committee, members have developed packets for welcoming new members and a reach-out procedure to contact members who have been absent from the Clubhouse. Our Activities Committee meets monthly to develop a list of potential outings/social activities members can choose during our weekly House meeting. Our final committee is our Administrative Committee. The members on this committee assist leadership in developing a yearly budget, interviewing and hiring new staff along with looking at other funding sources.

Employment is a big part of the Clubhouse experience. Within our walls, members work on developing skills which will help them to become employed or more independent in their homes. We provide support in three different areas of employment: transitional, supported and independent employment. Transitional employment is unique in that each transitional setting is developed by Clubhouse staff with area employers. These settings are time limited. Members interested in these settings are given the opportunity to work in integrated settings where they can learn new skills while getting paid.

Providing housing assistance to our members is fairly new to our Clubhouse. In October 2016, the Light of Hope Clubhouse began assisting members in seeking out affordable home/apartments. Applications for income-based apartments are available in our Business Administration room. Along with affordable housing, members are given the opportunity to assist in doing housing searches and posting what they find on our housing board. As Housing Coordinator, leadership at the Clubhouse monitors, assesses and offers homeless members the opportunity of applying for HUD's Supported Housing grant.

As we continue to grow, membership at the Clubhouse has become more diverse, which means the cultures of those joining us are shared, bringing education and satisfaction to our members and clubhouse setting.

